

Hawaii MARINE SPORTS

Hawaii Marine C Section

August 2, 2002

Intramural sports to start on gridiron

Cpl. Jason E. Miller
Combat Correspondent

Football fever will be in full swing Sept. 6, as the spanking new, base intramural tackle football league kicks off its first game of the season at Pop Warner Field on MCB Hawaii, Kaneohe Bay.

With eight teams still slated to play, the regular season will continue until Oct. 26. Playoffs will begin promptly on Nov. 15, and the championship game is tentatively slated for Nov. 23.

Since early June, teams have been practicing as much as three times every week in preparation for the season's first game. Full pads were recently issued to the teams, who are now fine-tuning their skills and preparing for opening day.

Excitement from players and base residents has been very high since the league was first adopted as an idea. Teams, for the most part, have quickly filled their 25-man rosters, and practices have been consistent throughout the pre-season.

"I know that a lot of the Marines are



Cpl. Jason E. Miller

See FOOTBALL, C-5

The Headquarters Bn. Warriors practice running plays and other no-contact drills before being issued their pads.

Twisters throw Net Breakers for a loop

Cpl. Jessica M. Mills
Sports Editor

Parents and onlookers cheered on as the MCB Hawaii, Kaneohe Bay Net Breakers, of the Termite soccer division (ages 9-11), fought

tooth and nail against the Schofield Barracks Twisters only to see their three game winning streak finally broken Saturday aboard K-Bay.

The Twisters started off the first half with a well-executed attack on the Net Breakers' de-

fense, passing the ball down the field and blasting a shot between the legs of goalie Jonathan Jeffcoat, 10, scoring the first goal of the game.

Net Breakers player, Shane Buchan, took control of the ball during the next play and

broke down the field toward the Twisters' goal. He beamed the shot straight for the high corner of the net, but the Twisters goalie lunged forward and saved the blast just in time.

The Twisters continued to barrage the Net Breakers goal. They were frequently called on penalties, but were unable to charge through the Net Breakers defenders.

Control of the ball continued to shift back and forth. Both teams desperately defended their goals. The score held steady with the Twisters ahead, 1-0.

After a number of failed attempts, the Twisters pulled together and bombarded the Net Breakers defense. They exploded through an opening and slipped a surprise shot into the low corner of the goal. Jeffcoat lunged for the shot head first, but landed empty handed, allowing another goal for the Twisters.

See SOCCER, C-5



Cpl. Jessica M. Mills

Net Breakers forward Eric Ruane (right), 8, blasts the ball in for the only goal of the game, with midfielder Justin Thraikill, 9, following closely behind.

MARFORPAC Marines grapple with the best

**Story and Photos by
Cpl. Luis R. Agostini**
*Marine Forces Pacific
Public Affairs Office*

These are not your traditional kick-and-punch fighters, folks.

These guys choke, twist, bend, slam and lock every joint, tendon and limb imaginable, until your face turns blue and your vision blurs. If they want, they'll toss you over their heads with ease.

The mixed-martial artists of Grappling Unlimited, an MMA training center in Halawa, "are a new breed of fighters," said recently retired MMA artist and Grappling Unlimited owner Egan Inoue.

Mixed-martial arts is just that — a combination

of various fighting disciplines, which may include boxing, kickboxing, jiu-jitsu, wrestling and judo.

Among some of the groundbreaking gladiators are Camp Smith Marines, Sgt. David Villamil and Cpl. Micheal Leonguerrero, both of Marine Forces Pacific's Classified Material Control Center.

Villamil, traditionally a kick boxer, has embraced the MMA mentality with open arms. "It's different and it helps me to understand the principles of ground fighting and take-downs," said Villamil, an active reservist and Inglewood, Calif., police officer.

"As a police officer, I

See GRAPPLING, C-5



Above — William Hagerty locks an armbar on Baret Yoshida. Right — Instructor Eddie Yagin demonstrates, during his class, how to properly deliver a straight jab.



Courtesy of MCCS

During previous BayFests, amateur boxers really duked it out in the ring.

'Battle of the Brawn' takes spot at BayFest

Edward Hanlon V
MCCS Marketing Coordinator

If you want to know where the beef really is this summer, then look no further. Matches of might and muscle will be showcased at McKenna Motors BayFest 2002. Headlining the shows of strength will be the NAPA Auto Parts Strongman Competition and the USA Boxing Association sanctioned BayFest Boxing Challenge.

Watch registered USA Boxing amateurs duke it out in two-minute rounds with three rounds per match. Or check out the NAPA Auto Parts Strongman Competition where contestants will power against the clock in events like the Truck Pull, Keg Stack and Axle Move.

Other physical attractions include the Ultimate BodySearch, the BayFest 5K Run, the Gladiator Joust, an Inflatable Boxing ring, and a striker contest. Prizes and support for these events are provided by AT&T In-Room Service, University of Phoenix, Dream Cruises, and Paradise Cove Luau. To register or for information regarding these events please visit www.bayfesthawaii.com and see what else McKenna Motors BayFest 2002 has in store for you.

The McKenna Motors BayFest is an annual event organized by Marine Corps Community Services that is open to the public.

SPORTS BRIEFS

Debbie Robbins
MCCS Public Relations

USO Hawaii sponsors 10K/5K race

The USO Hawaii 10K/5K Base Race series, co-sponsored by Mid-Pacific Roadrunners, will be run this year through Barbers Point-Kalaeloa Point, Aug. 11, beginning at 7 a.m.

Individual and team competition is accepted.

The entry fee for each individual entry is \$18, but \$15 for applications mailed by July 31. All applications for teams must be submitted together with a team roster.

The mailed entry deadline is Monday. Late entries accepted Aug. 10 at The Running Room or on Aug. 11 at the race.

Team competition (5 to 10 runners) will be limited to the 10K in one of two divisions, military or civilian, and in one of three categories: male, female or mixed.

Entry forms are available at the Semper Fit Center.

Tryouts scheduled for MCB Hawaii Soccer and Basketball teams

Marines and Sailors assigned to MCB Hawaii interested in playing on the MCB Hawaii soccer or basketball team should attend the official tryouts or call the Marine Corps Community Services Athletic Office at 254-7590.

- All Basketball Tryouts will be conducted at the Semper Fit Center:
Saturday, 10 a.m. - 12 p.m., Tuesday, 7 - 9 p.m., Wednesday, 7 - 9 p.m.
- All Soccer Tryouts will be conducted at Risley Field off of Mokapu Road.
Today at 6 p.m., Sunday at 2 p.m., Aug. 10 at 6 p.m., Aug. 12 at 6 p.m., Aug. 14 at 2 p.m.

If selected to a team, command authorization will be

required to travel to Okinawa for the Commander, Marine Forces Pacific Regional Championships, Sept. 24 - Oct. 7.

BayFest Arrives Soon

BayFest, the largest concert, carnival extravaganza on the Windward side, is on the horizon and scheduled for Aug. 16-18.

Those who prefer to get physical during BayFest may enter the Marine Corps Air Facility 5K race, Duke’s Paddle Board race, the Bathtub Regatta or really confident fest-goers can enter the Ultimate Body Search.

The 13th annual McKenna Motors BayFest has something for the entire family.

For a complete list of events, times and fees check out our web site at www.mccshawaii.com.

BayFest Needs Volunteers

The ever-popular BayFest is coming and Marine Corps Community Services is looking for volunteers.

New attractions such as the Sumo wrestling event and the inflatable boxing arena are in the works, as well volunteer positions during the 5K and Paddleboard races and the Bathtub Regatta.

For more information, contact the SM&SP coordinator Leslie Graham at 254-7593.

Hickam AFB Holds Softball Tournament

Hickam AFB will be hosting the Hurricane Classic Softball Tournament for Mens and Womens Divisions Aug. 30 - Sept. 2.

The tournament consists of a round-robin, followed by double elimination playoffs.

The tournament is open to all DoD authorized patrons and the cost is \$200 per team.

Pre-tournament festivities include a home run contest, base running contest and relay throw contest.

For more information about the tournament, please

contact Mike Stewart at 655-3840.

Resumes accepted for World Skeet Championship

The World Skeet Championship is being held Oct. 11-19 in San Antonio, Texas.

Marines interested in being considered for competition must be a National Skeet Shooting Association member and should submit a resume to the MCCS Athletic Office.

Resumes should include an average based on a minimum of 500 targets in each gauge (12, 20, 28 gauge and .410 bore).

As well as a current classification in each gauge of at least “A” class or higher and a copy of an NSSA classification card.

For more information, contact the athletics office at 254-7590.

MCCS Accepts Resumes For AF Marathon

The Armed Forces Marathon Championship will be held in conjunction with the Marine Corps Marathon, Oct. 27, in Washington D.C.

The All-Marine Team will be compromised of 5 men and 3 women.

Marines interested should submit a resume with approved command authorization to Varsity Sports Coordinator Steve Kalnasy no later than tomorrow.

Resumes must list dates, places and finish times of all marathons and half marathons run in the past two years.

For more information, contact Steve Kalnasy at 254-7590.

Kapiolani Park Holds 5K “Race for the Cure”

Applications are available now for the 8th Annual Susan G. Komen Hawaii Race for the Cure, Sunday, Sept. 29, at Kapiolani Park, to raise funds for the fight against breast cancer.

The “event with a mission” features a 5K race at 7:30 a.m , followed by a one-mile walk at 7:45 a.m.

In addition, Safeway will serve breakfast in the park to all participants following the event.

Registration is \$18 (\$25 after Sept. 20), with groups of five or more mailed together at \$15.

Entry forms with complete details are available in Hawaii Race Magazine or by calling the local information line at 973-5967.

Registration may also be done on-line at www.race-for-the-cure-hawaii.org.

The Klipper Offers Free Golf Clinic

A free beginner’s golf course clinic is being offered at the Klipper Golf Course from 5 - 6:30 p.m. for all active duty military stationed aboard MCB Hawaii.

Leland Lindsay, the Klipper’s teaching golf professional, will instruct patrons on swing fundamentals, rules, etiquette and more.

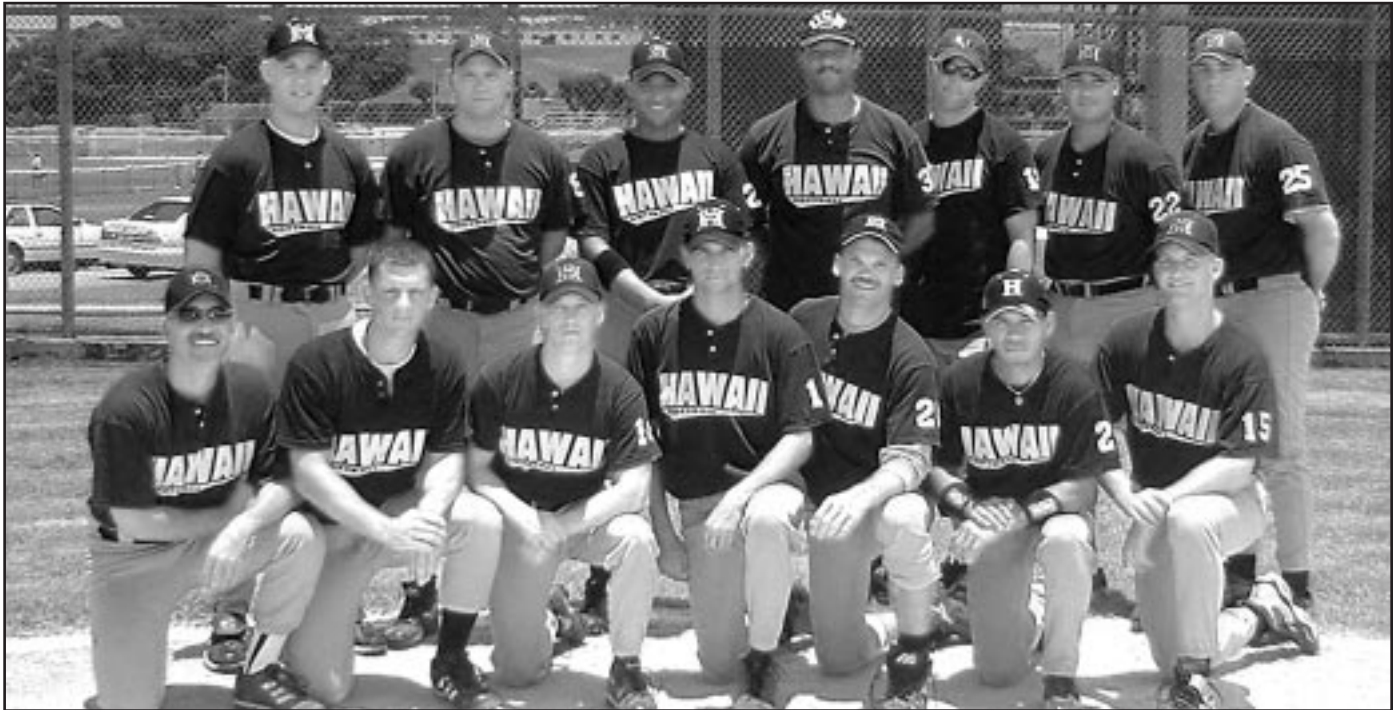
This free golf clinic is open to the first 25 service members who sign up at the Pro Shop or call 254-1745.

Sailing Classes Offer Keiki New Horizons

For adventurous keiki, 8 years and older, the Base Marina is hosting Junior Beginning and Junior Intermediate Sailing lessons now and throughout the summer for \$99.

Classes run for two weeks, Monday - Friday, and students may choose from 9 a.m. - noon or from 1 - 4 p.m.

For more, contact the Base Marina at 254-7667.



Courtesy of CWO2 Jerry Knight

The MCB Hawaii Men’s Varsity Softball Team, above, finished third in the 2002 Commander Marine Forces Pacific Men’s Regional Softball tournament, July 7-13, aboard MCB Camp S.D. Butler, Okinawa. Seven teams from MCB Hawaii, MCAS Iwakuni, and Okinawa participated in the competition. Following the competition, MCB Hawaii players Jerry Knight, Todd Tapper and Pete Adams were among the six Marines chosen to go to the All-Marine Trials in Cherry Point, N.C.

From left to right: Top row — Todd Tapper, Aaron McKinney, Wilford Castillo, Clarence Lovett, Tim Tyler, Miguel Rodriguez and Jim Murray. Bottom Row — Assistant Coach Mike Yule, Clayton Edwards, Scott Justus, Pete Adams, Mark Seganos, Jimmy Sumaya and Coach Jerry Knight.



Cpl. Jason E. Miller

Base All Stars

NAME: Solomon Flowers

BILLET: Cook

UNIT: Headquarters Bn.

SPORT: Intramural Tackle Football

TEAM: HQBN Warriors

POSITION: Quarterback

- Flowers has been playing football since he was 9.
- He won a state championship during his senior year in high school, and played semi-pro in Okinawa.
- Flowers is excited about the new league because it gives him a chance to play football with all new people.

Sports Ticker

2002 MCB Hawaii Intramural Softball Championships

Champions - Headquarters Bn. “Rhinos”
Runners-up - 1st Radio Bn.

2002 Intramural Softball Standings

	<i>Won</i>	<i>Lost</i>
Headquarters Bn. “Rhinos”	20	2
Radio Bn	17	3
1/12 “Spartans”	17	3
CSSG-3	19	7
Mess Hall “Aces”	12	8
VP-9	14	7
LSC “Red Death”	12	9
Band	14	10
G-6	8	10
HMH-363 “Red Lions”	9	10
MALS-24 “Maulers”	10	9
HMT-301	14	13
MALS-24 “Mag Rats”	8	13
MALS-24 “Warriors”	6	14
Dental	9	15
Shakedown Cruise	2	14
EM Platoon “The Nobodys”	2	15

“Football is a team sport where everyone has to work together to get anywhere.”

SPORTS COMMENTARY

Freeriding: A sport with no boundaries



Cpl. Jason E. Miller

Freeriders and downhillers negotiate all kinds of obstacles. The more technical the terrain, the better the ride.

Cpl. Jason E. Miller
Combat Correspondent

I don’t think the reason I ride my bike so much has anything to do with saving money on gas or reducing pollution. Clearly, those are some great benefits, as are staying in shape and avoiding traffic. I think the real reason has something to do with the feeling of complete freedom I get when I step over my two-wheeled beast. I feel like the only boundaries left in the world, are the ones I’m afraid to cross in my mind, like a 10-foot drop in my path is clearly negotiable as long as my fear allows it. Conquering that fear is a daily goal, and the work it takes to defeat it, is often its own reward. I’m not one of these riders who covers himself in neon-colored spandex and hops on an ultra-light mountain bike with the intent of covering a 40-mile uphill trail. Not to say that there’s anything wrong with that, but I just like to ride comfortably. Usually, other than required safety gear, some cargo shorts and tee shirt are all I need. My bike is made of steel and weighs more

than 30 pounds. My tires are nearly three inches wide and sometimes I crush aluminum cans with them. I don’t need a set trail, or even dirt to ride. The city is fine. It’s called freeride, and the name perfectly describes the sport. It’s riding wherever, whenever and however you feel like it. You don’t need a \$3,000 bike or nerves like Evel Knievel. You don’t even have to be in shape because there are no set distances. Go until you get tired, then turn around. Your bike can be equally versa-

tile and indecisive. Anything from a 20-inch BMX to a full-suspension, downhill bike will work fine. What works really well, to our advantage, is that the island of Oahu is extremely acceptable of bike riders. There are hundreds of miles of trails on this tiny little strip of land. Places to lock up your ride are located all over, and there are a fair number of good bike shops around the island to support your passion. Get on your bike and ride. If you don’t have one, go get one. You won’t be sorry.



Cpl. Jason E. Miller

Safety gear is a needed accessory for riders attempting any variety of difficult terrain.

A fitting send-off : No. 9’s magnificence there for all to see

John Gunn
Special to the Hawaii Marine

If he had seen his own tribute that night at Fenway Park, Ted Williams would have smiled throughout the ceremony. He would have looked up at the Fenway press box and observed that local and national writers — knights of the keyboard, he called them — were actually at Fenway Park to praise him, *Boston Globe* columnist Michael Holley wrote. “He would have watched old ballplayers and new take the field, some in the flannel uniforms of the 1950s and some in the polyester of today. He would have seen Johnny Pesky and Johnny Damon, Nomar Garciaparra, Dom DiMaggio, Walt Dropo, Jim Rice, (Marine vet) Earl ‘No-hit’ Wilson, and dozens of others take the field.

“Dammit, what are they waiting for?” he would have shouted. “They’ve got hitters and pitchers. Geez, somebody throw out the bats and balls so I can watch them play a ballgame!” More than 32,000 people passed through Fenway from — appropriately - nine in the morning until just before nine at night. Ted would have looked over that crowd, called a few people close to him, and given a seminar on the game he loved so much. “That was probably the best part of that night’s program, which the Red Sox called ‘Ted Williams: A Celebration of An American Hero,” Holley wrote. “As players and senators and governors and poets and sur-

vivors arrived to tell their stories, it was clear what they had in common: love of sport.” There is still an aspect of his baseball life that is underrated, Holley said. “To him, it didn’t matter if you had Mexican-American, Irish-American or African-American heritage. If you loved baseball, knew the strike zone and were persistent in your pitching, you were OK with him.” “In that aspect, he was an American hero. He had uncomplicated rules for accepting people with backgrounds different than his. How many of us can say that?”

Legal officer attacks work, play with intensity

Lance Cpl. Virgil P. Richardson

Public Affairs Office

Marine Corps Recruit Depot, Parris Island, S.C.

MARINE CORPS RECRUIT DEPOT/ EASTERN RECRUITING REGION PARRIS ISLAND, S.C. —

Since medieval times, taunting from one’s peers can coerce individuals into undertaking colossal tasks that normally would not be attempted.

From Shakespearian thumb-biting to the modern-day triple dog dare, no self-respecting individual can say no to a challenge. Chief Warrant Officer 3 Anthony J. Hatchett, Marine Corps Recruit Depot legal administration officer, is no exception.

“There was a man by the name of Gunnery Sgt. Faivai who was a short Samoan volleyball fanatic. He said if he hit 10 free throws in a row, I had to hit a volleyball the way he did,” said Hatchett. “I was a basketball player from the city. Volleyball was a girls’ sport to me at that point, but there was no way he was hitting 10 shots in a row.”

After the gunny hit all 10 of his “Chuck Berry, granny

style” under-handed free throws, Hatchett remembers the next three hours as not only infuriating, but also frustrating.

The experience paid off, however, as Hatchett made the Hawaii Regional Volleyball Team his first time out.

Since then, opponents have felt the fury of the basketball player turned volleyball star, both locally and regionally as Hatchett competes throughout the Corps.

Hatchett was born in Brooklyn, N.Y. the oldest of six children, but was for the most part raised by a single mother.

At the age of 13, his family moved to St. Louis, Mo. It was there that he harnessed the discipline his mother taught him and excelled academically.

While attending a recruiting fair, the opportunity arose for Hatchett to speak with representatives from all branches of the Armed Forces. Choosing which one to join was easy for the tough as nails scholar.

“I walked up to them and asked ‘Which one of you guys is the toughest?’ Hatchett said with a laugh. “The Air Force guy said, ‘the Marines.’ So I went and talked to that guy.”

Originally joining as an infantryman, the road to becoming a legal officer was a long one.

Hatchett was assigned as the administrative Marine of his unit due to his ability to type fast.

From there, he was sent to Legal Administration School, after which he returned to his unit for more time as an infantryman.

After 18 months with his unit, he was sent kicking and screaming to the legal shop on base.

“They sent me and I went. I would have rather stayed infantry, but I didn’t have that choice,” said Hatchett.

A man with Hatchett’s intensity and fervor was meant to be on the drill field.

Eight years after leaving Marine Corps Recruit Depot San Diego, Hatchett returned for a tour as a drill instructor.

Of the thousands of recruits that Hatchett trained, some stick out above the rest.

“Staff Sergeant [George] Hollingsworth is a drill instructor for 1st Recruit Training Battalion. He was one of my recruits,” remembered Hatchett with a grin. “He always looked like he had a smile on his face. We spent some enormous time in the pit together trying to get rid of that smile.”

A fondness for the drill field lies deep within Hatchett.

“I always knew I was putting out quality Marines,” said Hatchett.

From time to time, drill instructors learn from their recruits. With a sense of pride and respect, Hatchett remembered such a time.

While doing the old Physical Readiness Test, a recruit developed a compound fracture in his leg. He fell to the ground and had a piece of bone protruding through his skin. As help was on the way, he began to crawl toward the finish line refusing to give up.

“[Recruit] Bud had that thing ... that look. I had to literally lie on top of him to keep him down. That’s what being a Marine is all about,” said Hatchett.

While in Okinawa, Japan, another dare set Hatchett up for a career move that would end up changing the rest of his life.

“I put in for the Warrant Officer Program on a dare. I was going to be a first sergeant and sergeant major. A couple of warrant officers said I was afraid I wouldn’t make it, and that pushed all the right buttons.”

After 21 years of active service, Hatchett isn’t looking to retire any time soon.

“I’m still having fun. It’s not time to quit yet,” said Hatchett.

Currently preparing to try out for the Regional Volleyball Team, Hatchett looks to impose more pain on the opposition.

“I may be older than some of those guys, but I handle my business. I hope they underestimate me.”



Lance Cpl. Virgil P. Richardson

While not as young as he used to be, Anthony J. Hatchett, Marine Corps Recruit Depot legal administration officer, still dominates on the volleyball court.

FOOTBALL, From C-1

definitely excited about the upcoming season,” said Sy Schucht, assistant intramural sports coordinator at K-Bay. “I hope we receive the same kind of support and enthusiasm from the commands and everyone else to come out and watch the games.”

Two games will be held on two nights every week. Each team will play every team in the league one time before the playoffs begin. Fans and players alike should all show support to their units by coming to watch the free athletic entertainment.

Look for extensive coverage of the base-intramural tackle football league in upcoming editions of the Hawaii Marine.



Cpl. Jason E. Miller

Headquarters Bn. practices a pass play on the field behind the MCB Hawaii, Kaneohe Bay, Post Office.

GRAPPLING, From C-1

normally use Muay Thai leg kicks and control holds to restrain a combative suspect. With this training, it will definitely add to my arsenal of self-defense and prisoner control holds,” said Villamil. “The training will ultimately help me in my law enforcement career dealing with combative people on the streets.”

Leonguerrero, an Ewa Beach resident with nine years of wrestling experience and five years of judo, is preparing to enter the professional ranks by the end of the year. In the meantime, he shares his technique with others in hopes of creating future grappling specialists.

Many service members throughout the island have been introduced to Inoue’s fighting style, whether for-

SOCCER, From C-1

Seconds before the call for half-time, Eric Ruane, 8, made one last attempt to break through the Twisters defense. With the help of fellow teammates, Ruane slid into the penalty box and belted a shot into the high corner, raising the score 2-1 at the end of the first half.

The Net Breakers kick off the second half and quickly took control by taking the ball deep and away

from the defenders and blasting a shot through the exposed space, but the Twisters goalie once again saved a goal.

However, on the following play, the ball was thrown in and Buchan blocked the pass, taking another shot, but missing by a hair. The shot was deflected out by the right goal post.

The game continued at the same pace with neither team allowing a goal.



Cpl. Jessica M. Mills

Net Breakers midfielder Justin Thraiokill, 9, fights to keep control of the ball as he dribbles down field.

mally or informally. Whether it’s Marines signing up and paying their monthly fees to attend the grappling academy, or Navy SEALs from Ford Island receiving close-combat instruction, Grappling Unlimited and Hawaii’s service members have established a mutually beneficial relationship.

There’s ground-thumping, roundhouse-kick action for the whole family. Grappling classes are offered on Mondays, Wednesdays and Fridays from 7 p.m. to 8:15 p.m. Boxing and kickboxing classes are on Fridays at 7 p.m. Instuction for women is offered on Wednesdays, from 6:30 p.m. to 7:30 p.m., and kids can learn on Saturday mornings, from 10 a.m. to 11:15 a.m.

For more, contact Grappling Unlimited at 487-6114, or visit their website at www.grappling-unlimited.com.



Cpl. Luis R. Agostini

According to Grappling Unlimited owner Egan Inoue, his fighters, pictured here, are "a new breed," mixing various fighting disciplines into one lethal form.

HEALTH & FITNESS

ENA offers K-Bay bike and helmet safety tips

NAPS
Featurettes

Bicycling-one of the joys of childhood-is also a leading cause of visits to hospital emergency departments for kids ages 5 to 14, according to the Emergency Nurses Association. To help your kids cycle safely, start at the top, ENA advises, by insisting they always wear a helmet.

“Helmets won’t prevent bike crashes, but they can prevent permanent brain injury and even save a child’s life,” explained Barbara Foley, Director, Emergency Nurses CARE, the Injury Prevention Institute of ENA. In fact, experts estimate that universal bicycle helmet use by children would prevent 39,000 to 45,000 head injuries and 18,000 to 55,000 scalp and face injuries annually. Yet only about 20 percent of bicyclists in the United States today wear helmets.

“Most bicycle fatalities involve head injuries,” Foley said. “The fact is-helmets are more than 85 percent effective in preventing head and brain injuries, so it’s tremendously important to wear a helmet and make sure it fits properly,” she added.

In 2000, 738 bicyclists were killed and more than 50,000 injured in crashes with motor vehicles. Nearly one-third of those killed were children ages 15 and under.

“Emergency nurses see the devastating effects of preventable injuries every day in hospitals across the country-and that’s why we are committed to trying to make a difference,” Foley said.

Foley noted that a bike helmet habit learned early in life is more likely to carry over into teen and adult years, so kids should wear a helmet beginning with their first bike ride. Parents should set a good example by wearing a helmet as well. She added that young bicyclists, ages 14 and under, are at five times greater risk for injury than older cyclists.

The Insurance Institute for Highway Safety notes bicycle deaths are most likely to occur on Fridays and Saturdays in the summer. Peak hours for bike-related fatalities are 3 - 9 p.m.

For information about bicycle and helmet safety, visit Web site, www.ena.org.

The Emergency Nurses Association offers the following tips to help kids cycle safely.

- Replace any helmet that has been in a crash or after five years.
- Begin the “helmet habit” with a child’s first bike ride.
- Encourage other parents to insist on helmets.
- Allow children to choose their own helmet color, design and shape.
- Buy a bike that is the right size, not one to grow into.
- Bicycles are considered vehicles, so obey all traffic laws.
- Avoid riding at night.



Cpl. Jason E. Miller

Full face motorcross-style helmets offer the best protection.

Fighting allergies: Filtering out irritants for better health



NAPS

Surface filters stop fine particles that can exacerbate allergies and they continue to let air pass through for optimum cleaning.

NAPS
Featurettes

If someone in your household is among the more than 50 million Americans who suffer from allergic diseases, you may be glad to know there are steps you can take to make things easier.

One of the most common causes of allergy and asthma symptoms are microscopic organisms called dust mites. Several thousand mites can be found in a pinch of dust. Even the cleanest homes have dust mites but you can reduce their numbers.

Here are a few hints from the Environmental Protection Agency:

- Wash sheets and blankets once a week in hot water.
- Choose washable stuffed toys, wash

them often in hot water, and dry thoroughly. Keep stuffed toys off beds.

- Cover mattresses and pillows in dust-proof (allergen-impermeable) zippered covers.
- Remove dust often with a damp cloth, and vacuum carpet and fabric-covered furniture to reduce dust build-up.

“Vacuuming with an efficient filter, such as a CleanStream filter, retains and removes most dust and irritants from the home that can exacerbate allergies,” said Michael Debes, technical leader on the CleanStream filter team at W.L. Gore & Associates.

“An efficient filter prevents particles from re-entering the atmosphere after they’re collected by the vacuum cleaner.”

Look for a vacuum cleaner whose fil-

ter traps particles as small as 0.3 microns or 1/300th the diameter of a human hair. Make sure the vacuum cleaner’s filter is a surface filter, which stops fine particles at the filter’s surface and lets air pass through, preserving maximum airflow through the filter and optimum suction power.

Many vacuum cleaner models contain conventional depth filters, which trap particles inside the filter, and can become clogged over time, restricting airflow.

Be wary of ordinary paper or microfiberglass filters that can tear or become damaged, while in use.

Look for filters made from newer materials. Not only are the new materials more durable, they also feature a non-stick surface that’s easy to clean so you can use the filter over and over again.

Marines, Navy play ball with Russian team

Cpl. Benjamin M. George
Consolidated Public Affairs Office
Okinawa, Japan

VLADIVOSTOK, Russia — Tovmi, a Russian professional volleyball club here, recently welcomed Marines of 1st Battalion, 6th Marine Regiment to its gym for an exhibition volleyball match as a sign of goodwill during Exercise Cooperation from the Sea.

Six Marines and a team of Navy personnel, stationed aboard the USS Chancellors-ville, played three games against the Russian team.

The U.S. teams fought hard but were severely outmatched by a more dominant team.

Tovmi set the pace for the match in the first game when one of its players spiked a `kill’ from high above the net for its first point.

This point was a trend lasting throughout the match and ending in the

Russians’ first of several victories.

The Navy team took the court for the second match. The Sailors hung with the Russian squad until midway through the match.

Then Tovmi broke the Navy team

“They are a great team...we had a great time. I wish we could do this at every port.”

Kellie M. Young
MVP for the U.S. teams

down with its team experience, calling plays and defenses that registered the Russian volleyball club another victory.

Marines and Sailors combined their strength in the final game, which turned out to be the most competitive of the three matches.

But they were still unable to stop the Russian team, which played above the net all match and simply overpowered the U.S. team.

Kellie M. Young of the Navy team was named the Most Valuable Player for the U.S. teams. She was awarded a small plaque to commemorate her efforts during the exhibition.

“They are a great team...we had a great time,” Young said. “I wish we could do this at every port.”

Despite having volleyball experience within the team, the Marines found themselves playing a superior team.

“I wish we could’ve been more competitive,” said Paul A. Jordan, who played on the Marines team.

Having team experience of his own, the Beaver City, Penn., native admitted it

was his first experience playing a team at such an elevated level.

“It was a great experience,” Jordan explained. “I can say I played against a Russian professional volleyball team, and I would do it again anytime.”

Taking a break from play in the exhibition match, the Russian team enjoyed the day as much as the Marines and Sailors.

“It was fun to have them visit us for a match,” said Tovmi player Dima Kim. “It is fun for us to see what they do, and we were happy they could see and experience what we do.”

Even though the Marines and Sailors were unable to bring a victory back home, many agreed they would leave with an incredible memory of their time in Vladivostok and would like to return.

“It has been such a great experience being in Russia,” said Marine player David W. Peck. “This was a lot of fun, and it will be an unforgettable trip.”



Marine vets make headlines in pro-sports

John Gunn
Special to the Hawaii Marine

MOTOR SPORTS

Hank Parker Jr., once a driver for Team Marines, used fuel economy to win the NetZero 250 Saturday, holding off Busch Series leader Greg Biffle at Pikes Peak International Raceway in Fountain, Colo. Parker, who started 23rd in his Dodge, beat Biffle by 11.452 seconds after making only two pit stops in the 200-mile race, the Associated Press reported. Parker also gambled on fuel to win last year at California Speedway, his only other Busch Series victory. Parker averaged 113.350 mph in a race slowed by only two caution periods. The first yellow flag came out on the third lap because of debris on the mile oval, and again on the 29th lap when Bruce Bechtel hit the wall in the fourth turn. Bobby Hamilton Jr., this year’s Team Marines driver of the Ford Taurus for Team Rensi Motorsports, finished 12th, completing all but one lap and collecting \$28,395. He had qualified Friday for the fifth starting position driving 131.066 mph. He is currently fifth in total 2002 points. Saturday, the Busch Series moves to the Indianapolis Raceway

Park for the Kroger 200. TNT carries the event at 8 p.m. EDT.

PRO FOOTBALL

•Former University of Hawaii wide receiver Ashley Lelie, son of a Marine, agreed to a contract with the Denver Broncos. Lelie, the first UH player chosen in the first round of an NFL draft, agreed to five-year deal worth \$7.1 million with a combined signing and option bonus of \$4.4 million. In the signing and option portion, Lelie will receive \$3.3 million this year and \$1.1 million next March. His base salary will be \$525,000 and increase about 25 percent each year, according to Doug Hendrickson of Octagon, a sports agency. “He’s ecstatic,” said Hendrickson. “The contract is better than a couple of picks ahead of him. He’s ready to make Denver believe they made a great pick at 19.” Lelie, 6-3 and 197 pounds with 4.27

speed over 40 yards, was selected 19th overall in the April draft.

•The Browns signed junior running back William Green of Boston College, drafted in the first round and 16th overall, to a five-year, \$7.85 million contract. USA Today said Green ended his five-day holdout by agreeing to the terms after his agent initially turned down the package. He had rushed for 1,000-plus yards the past two seasons, carrying 265 times in 2001 for 15 TDs and catching 23 passes for 260 yards and two TDs. “Anyone who would not want William Green on his team would be dumb,” his coach, Marine vet Tom O’Brien, had said.

•Panthers’ receiver Patrick Jeffers (knees) and defensive end/ Marine vet John Milem (knees) didn’t pass physicals and will be put on the unable to perform list this season, the Charlotte Observer reported. That designation simply will allow

them to continue to rehabilitate during camp. If they can pass a physical, they can return to the regular roster. Milem (Lenoir-Rhyne) played for the 49ers in 2000 and the 49ers and Panthers last fall.

BASEBALL

The New York Yankees’ 9-8, 11-inning win over Boston, managed by Marine vet Grady Little, on July 20 got Fox’s highest overnight rating for a regular-season game in four years. The game, in which the Yankees escaped bases-loaded jams in the 9th and 11th innings, got a 4.6 overnight rating, Nielsen Media Research said. It was the highest regular-season baseball overnight rating for Fox since Sept. 26, 1998, when split coverage of games between the New York Mets and Atlanta and the Chicago Cubs and Houston got a 5.4 overnight. Fox had been averaging a 3.5 overnight rating this year for its Saturday game of the week.